



GUANTANAMO BAY *Gazette*

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Friday, February 13, 2004

GTMO Students Explore Lighthouse Historical Exhibit

A visit to the Lighthouse exposes local students to artifacts and views of Guantanamo Bay from its historic past.

(See page 5)

News Briefs

Spouses' Seminar Committee Hosts Logo, Theme Contest

Calling all artists and those with creative minds! The Spouses Seminar Committee needs you! A theme and logo contest is being conducted for the 4th Annual Spouses' Seminar.

A \$100 prize is awarded to the theme contest winner!

Themes for the past three years have included "Setting Sail for a Ship-Shape Future," "United We Stand," and "Lighting the Way in Guantanamo Bay."

Submit your original theme and logo on an 8.5 x 11 inch piece of paper by March 5 to the Fleet and Family Service Center with your name and phone number on the back. If you have any questions, call Terri McCoy at 2292, Julie Barnett at 5736, Diana Schrieffer at 4620, or Julie Rochford at 7744.

LES Changes Made to Reduce Identity Theft

Stars and Stripes reports that earning statements for servicemembers and Defense Department civilians, and paychecks for military retirees will soon lose some key numbers.

Over the next several weeks, the Defense Finance and Accounting Service (DFAS) will drop the first five digits of a person's social security number

from all pay statements and checks to guard against identity theft. "The changes apply to everyone," DFAS spokesman Bryan Hubbard said. The proposal "originated internally and will be phased in over the next couple of pay periods," he said.

Reports of identity theft have substantially increased in recent years, according to the Federal Trade Commission, which monitors the issue.

Five years ago, the number of complaints to the FTC was roughly 23,400. By 2001, the rate had more than tripled to about 86,200. Last year, based on figures released last month, the number of complaints of identity theft nearly topped 215,000.

The Social Security Administration has also taken the same step of eliminating the first five Social Security numbers on the millions of checks it issues. See more about identity theft in the article on page 7.

Armed Forces Classification Testing

The Armed Forces Classification Test (AFCT) is offered quarterly. The next AFCT testing is March 5 at Bulkeley Hall. Showtime for those participating is 1pm.

This is a 3 hour examination, ending at 4pm. Future test dates and locations will be published in the Gazette. If you have any questions, contact PN1 Greene at 4494.

Celebrate Black History Month

Theme: "Celebrating the 50th Anniversary of Brown vs Board of Education"

GTMO's African American Cultural Organization (AACO) is proud to present the following activities during Black History Month:

Soul Food Dinner & a Movie at the Windjammer

6pm, Monday, Feb. 16 - Double Feature: "Men of Honor" and "A Soldier's Story"

Bowling Tournament - Sunday, Feb. 15, 3pm (4 Man Teams, \$40)

Dinner Dance at the Windjammer

6pm Saturday, Feb. 21 - \$15/person

POC Taylor Edwards, 4020 or Lilly Johnson 5711

2pm at the Windjammer, Sunday, Feb. 29 - Finale: "Simple Justice"

A documentary about Brown v. Board of Education

**U.S. Naval Base
Guantanamo Bay, Cuba**

Gazette

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Two W.T. Sampson Students Recognized in "Letters TO the Front" Contest

It began as a simple writing assignment. Dawn MacFarland, an English teacher at W.T. Sampson High School, asked her students to each write letters for the "Letters TO the Front" worldwide Letter writing contest.

It ended with two students being recognized for their participation. Ray Lindberg and Nicole Warren never expected anything to come of their letter writing efforts, and although they were not the grand prize winners, they are proud to have been recognized in the national contest.

"The school and I are just so happy and proud of them," said MacFarland. "Out of thousands of participants, we had not only one student, but two, chosen as one of the top 44 first place winners. They are great students and very deserving of this honor."

"I felt happy that someone actually read it," said Lindberg. "I was happy to know that I was able to reach out to those out there defending our country." (You can view Ray's letter to the front online at www.letters-from-the-front.com/localletter.htm)

Neither Lindberg or Warren expected anything to come of the routine assignment, but both are proud of their accomplishment.

"It was a fun assignment," said Warren. "I just wanted someone overseas to know that we are thinking about them. I would do it again."

Initiated in the summer of 1999, the "Letters TO the Front" worldwide letter writing contest is a joint effort of the Defense Commissary Agency, General Mills, Rector-Roberts Productions (producers of the play "Letters From the Front"). According to Marsha Roberts, the play's producer, inspiration for the contest came while touring military installations overseas. "We were struck by the feelings of loneliness and estrangement expressed by many of those we met during our travels," said Roberts. "We wanted to do something to let them know how much they are appreciated. Since our play is centered around correspondence, we felt a letter writing contest would be appropriate."

The Defense Commissary Agency agreed and placed entry forms in every commissary in the world. General Mills, who has sponsored "Letters TO the Front" since 1994, provided the worldwide marketing support and prizes for the project.

The Retired Officers Association (TROA) was the first veterans group to get on board in 1999. Many of their chapters volunteered their time to collect and judge letters on a local level, which helped broaden the contest's reach to include schools and other civic organizations.

Each person entering the contest was required to write a letter starting with: "Dear Service Member, I just wanted to say thanks for . . ." The letters were then collected by TROA and other participating organizations or mailed directly to Rector-Roberts Productions, where they were processed and sorted. Finally, the letters were divided into bundles that were sent to MWR organizations overseas who, in turn, distributed them to the troops.

Since the success of the 1999 campaign, the "Letters TO the Front" letter writing contest has doubled the number of letters generated each year, with school systems taking a much more active roll. A number of young people have received scholarship funds as



Ray Lindberg and Nicole Warren pose for a photo with English teacher Dawn MacFarland. Each student received a special certificate and T-shirt.

a result of their outstanding letters. Adult Grand Prize winners received new computer systems. But most importantly tens of thousands of men and women serving overseas have received letters of support and encouragement from Americans back home.

Because of the anthrax scare that followed the 9/11 attacks on New York and Washington, all letter-writing campaigns to service men and women abroad were canceled by the Military Postal Service. The one exception was "Letters TO The Front." Each letter submitted to the contest is opened, removed from its envelope and carefully inspected before being bundled, sealed and sent to distribution points throughout the world.

The goal of the annual "Letters TO the Front" effort is to make sure that a letter of appreciation finds its way into the hands of every single man and woman serving our country abroad — maybe several letters. With the advent of Operation Enduring Freedom, this is more important than ever.

We should never forget that those in uniform are our sons and daughters, our fathers and mothers, our brothers and sisters, and our neighbors. We hope that all Americans will take the time to remind them how much we care for them.



Although the actual contest runs from Labor Day to Veteran's Day, "Letters TO the Front" is accepting letters all year long. Send cards and letters (no packages) to: Letters TO the Front, PO Box 25348, Alexandria, VA 22313. To learn more about the contest, log on to www.letters-from-the-front.com/contest1.htm

Get Rewarded for Your Fitness Efforts

Workouts getting boring? Looking for a little motivation? Check out MWR's Fitness Awards Program (FAP).

According to Assistant Athletic Director, Donnell "DD" Daniel, this FAP concept was initiated three years ago based on requests Naval Station's MWR sent to Navy Personnel Command (NPC) Fitness.

"We received a grant to facilitate this program for our community," explained Daniel. "In a nutshell it's a life-style program designed to transition our community members from a sedentary non-active life-style to a more productive family oriented healthy fitness life-style that benefits each participant mentally, spiritually and physically."

The program is a 420 day fitness program, where MWR representatives help community members set obtainable goals that continue to motivate and energize them to seek daily fitness growth.

MWR offers 14 different fitness activities that patrons can participate in throughout the year. "It's important for all community members to understand that participants can get credit for one fitness activity per day," Daniel explained. "For example, if I come into the fitness center on February 1st and lift weights for 45 minutes and complete a 30 minute treadmill workout, I only get credit for 1 fitness activity, not both weights

and cardio. You cannot combine fitness activities."

Daniel went on to explain that community members must also understand FAP isn't about receiving gifts, it's about getting from where you are to where you want to be.

Participants receive the following awards for every 60 days they complete in one specific fitness activity:

- 60 days: MWR Award Program Logo Mug
- 120 days: MWR Fitness Award Program Logo Tank Top
- 180 days: MWR Fitness Award Program Logo T-Shirt
- 240 days: MWR Fitness Award Program Logo Sweat-Shirt
- 300 days: MWR Sports Award Program Logo Jacket
- 360 days: MWR Athletic Award Program Logo Sports Bag
- 420 days: Military Service Logo Stadium Chair

Participation in activities is on the honor system. MWR counts on the integrity of program participants in filling out their fitness award program cards, however, MWR reserves the right to verify the program card validity. For example, you may have to show a copy of your PCS orders so MWR can ensure you've been on station long enough to complete the program.

Also, members cannot complete 120 days and request two program logo mugs. Specific rewards are assigned to each level of program completion. For more information on FAP, contact Daniel at 2193.

Fitness Partnerships Bring Rewards

It may have taken 19 months and covered 1348 miles, but MACS(SW/AW) Marc Owins of the Naval Security Forces (NSF) is now receiving his reward, an MWR fitness bag, through the Morale, Welfare and Recreation (MWR) Department's Fitness Awards Program (FAP).

Many base residents have passed Owins and his faithful companion, Sonja, a black and white Siberian Husky, running on the streets of GTMO. When he arrived in June 2002, the avid runner immediately stopped at the base gym to see if they had a running mileage recognition program. He began running that very same day, and completed his 360th run on Feb. 1 this year.

"Although we've run as far as eight miles on a few occasions, our normal daily runs are between three and a half to five miles," said Owins. "Sonja has run all but about 100 miles of the overall total. The exceptions coming during off-island leave and unit physical fitness training."

"Sonja is a great running buddy. She would rather run than eat, and she never, ever complains. She motivates me to run on days when I really don't feel like it, because I don't want to deprive her of the chance to get out of the backyard for a healthy workout."

Now hitting the road is a family affair. In September 2003, Owins' wife, Karen, bought a bicycle, so she could accompany her husband and dog on their runs.

"We have a great time talking and encouraging one another, and I really appreciate her company," said Owins of his wife. Sonja also appreciates outside encouragement and Owins says, "the next time



MACS(SW/AW) Marc Owins and his faithful running companion, Sonja. Photo by CTA1 Jennifer Barnes

you see us all going down the road, honk, wave, and yell "Go Sonja, go!"

Teaching the Past to the Future

On a recent field trip to the Guantanamo Bay Lighthouse and Historical Exhibit, three groups of W.T. Sampson students learned a little history about the place they call home.

Teachers and parent volunteers helped the children tour the exhibit and play a game of "I Spy" to locate various historical items such as the anvil once used to maintain the horseshoes on the horses in the MWR stables here, and the stoplight that used to regulate traffic flow at the corner of Bay Hill Rd. and Sherman Avenue, to name just two. Cannon balls, toys, antique weapons and photos were also found on the "I Spy" list.

Students also learned about various "native residents" in the room dedicated to GTMO's wildlife.

Outside, older students drew pictures of the lighthouse, the soldier statue and the boats surrounding the grounds.

The children, teachers and volunteers felt it was time well spent, and encourage all GTMO residents to take in a piece of GTMO History



Seabees Celebrate 62 Years of Service

In honor of the 62nd Annual Seabee Ball, members of the organizing committee in GTMO would like to share with the history of the Seabees and Civil Engineer Corps.

The GTMO Seabee Ball is Feb. 28. Keep an eye on the Gazette for more details. We hope to see you there!

History of the Seabees & the Civil Engineer Corps

Establishment of the Seabees

The need for a militarized naval construction force was not self-evident. Although a rudimentary force of this type was organized during World War I, it was dissolved after the signing of the armistice. But the germ of this idea remained in the minds of many of the Navy's Civil Engineers, and the Navy Construction Battalions appeared in U.S. war plans of the early 1930's.

In 1941, under duress of the rapidly developing war situation, Rear Admiral Ben Moreell, Chief of the Navy's Civil Engineers and of the Bureau of Yards and Docks, decided to turn the idea into reality. In October 1941, he began organizing Headquarters Construction Companies to form the nucleus of construction battalions, and after the Japanese attack on Pearl Harbor, he began organizing the battalions themselves. On December 28, 1941 he requested specific authority to recruit men from the construction trades for assignment to Navy Construction Units. The construction battalions were formed under the leadership of officers of the Navy Civil Engineers Corps. Naval Construction Battalions (officially and popularly called "Seabees") were officially authorized by the Navy Department on March 5th, 1942.

From their beginning, the Seabees, whose name comes from the initial letters of construction battalion, were unique. They were the "one wholly new military organization of World War II," and they literally built the allied way to victory and to dominance of the postwar world we know today. In recognition of his achievements and responsibilities, including the establishment of the Seabees, Admiral Moreell became the youngest vice admiral in the Navy.

Commissioning of the Civil Engineer Corps

The need for fleet support led to the establishment of the Navy Department in 1798 and the appointment of the first Secretary of the Navy, Benjamin Stoddert. In 1801, Thomas Jefferson appointed Benjamin Henry Latrobe, a civilian, as the Navy's first Civil Engineer. He was to submit plans for a dry-dock that would hold twelve 44-gun frigates. Unfortunately, Congress turned down Latrobes' plans, and he died in 1820 without seeing the fruition of his proposals.

In 1826, the Navy chose Laommi Baldwin of Boston to be its

Civil Engineer and directed him to prepare plans for two dry-docks. As a result of his surveys and estimates, the first Navy-owned shop facilities were started in 1827. Baldwin appointed William P. Sanger to represent him at the yard in Norfolk and Alexander Parries to represent him at the yard in Boston. After completion of these projects in 1834, Sanger was appointed as the Navy's Civil Engineer. He continued on this capacity through the naval reorganization of 1842 when the bureau system replaced the Board of Navy Commissioners.

Because of experience gained in construction activities during the Civil War, the Bureau of Yards and Docks determined that the Navy's Civil Engineers, who were civilians, could operate more efficiently as commissioned officers. Therefore, on March 2nd, 1867, Congress passed legislation that authorized commissions for the Navy's Civil Engineers. This act officially inaugurated the Civil Engineer Corps with Sanger as the Chief of Navy Civil Engineers.



SEABEES
"We Build, We Fight"

62nd Annual Seabee Ball

Saturday, Feb. 28

Tickets on sale now

Call 4680/4164/84396

Tickets available at the NEX Atrium

Saturday, Feb. 14, 9am to noon



Scholastic Book Fair

Looking for a good book? Come to the book fair at the Elementary School Media Center and see our great selection of books for Pre-K-9th grade.

*Friday, Feb. 13 - 8am to noon & 12:45 to 2pm
for elementary school students only*

Saturday Feb. 14 - 9am to noon for the community

Identity Theft - It Could Happen to You!

By MACS(AW) Luis Martinez
Naval Security Forces

One of the fastest growing crimes today is identify theft. Identity theft is the criminal act of assuming another person's name, address, social security number, and date of birth in order to commit fraud. On an annual basis, thieves are victimizing approximately 500,000 individuals by stealing personal information and using another person's identity to commit numerous forms of fraud.

Identity Theft can occur in many ways. Thieves scavenge through the garbage looking for social security numbers and pre-approved credit cards. They steal and redirect mail looking for paid bills or credit card payments that people leave in their mailbox for the postal carrier to collect. They use internal access of databases (company's database that contains personal identification information). Thieves also surf the Internet looking through computerized information services known as information brokers. There are over 400 ways a criminal can access someone's personal information from the Internet.

How you can prevent identity theft

- ♦ Check your credit report annually to ensure accuracy.
- ♦ **Protect your social security number.** Do not write it on checks.
- ♦ Notify the Department of Motor Vehicles to protect your personal information from disclosure. Don't use your SSN for license number.
- ♦ Reduce amount of personal information that exists in public domain.
- ♦ Disclose personal information only when necessary.
- ♦ Shred financial documents and pre-approved credit card applications.
- ♦ Purchase products over secured Internet sites.
- ♦ Consider using only one credit card for all mail order and Internet purchases, and restrict credit limit to minimize potential

damage.

- ♦ Do not use mother's maiden name as a password on your credit cards.
- ♦ Be wary of anyone calling to "confirm" personal information.

Identity Theft Resources

Social Security Administration: Fraud Report 800-269-0271

Major Credit Bureaus:

TransUnion (www.tuc.com)

Fraud Report 800-680-7289

Credit Report 800-888-4213

Cancel pre-approved credit card offers 888-567-8688

Equifax (www.equifax.com)

Fraud Report 800-525-6285

Credit Report 800-685-1111 or 800-997-2493

Experian (www.experian.com)

Fraud Report 800-301-7195

Credit Report 800-682-7654

Cancel pre-approved credit card offers 800-353-0809

If You Become a Victim

Unfortunately, in identity theft cases, the burden of proving innocence rests on the shoulders of the victim. You will need to assert yourself when dealing with the defrauded agency or company, as well as the credit reporting agencies and any current or potential creditors.

The first step is to alert all three major credit reporting agencies listed above and place a fraud alert on your credit reports to keep thieves from opening any new accounts or creating any new activity in your name.

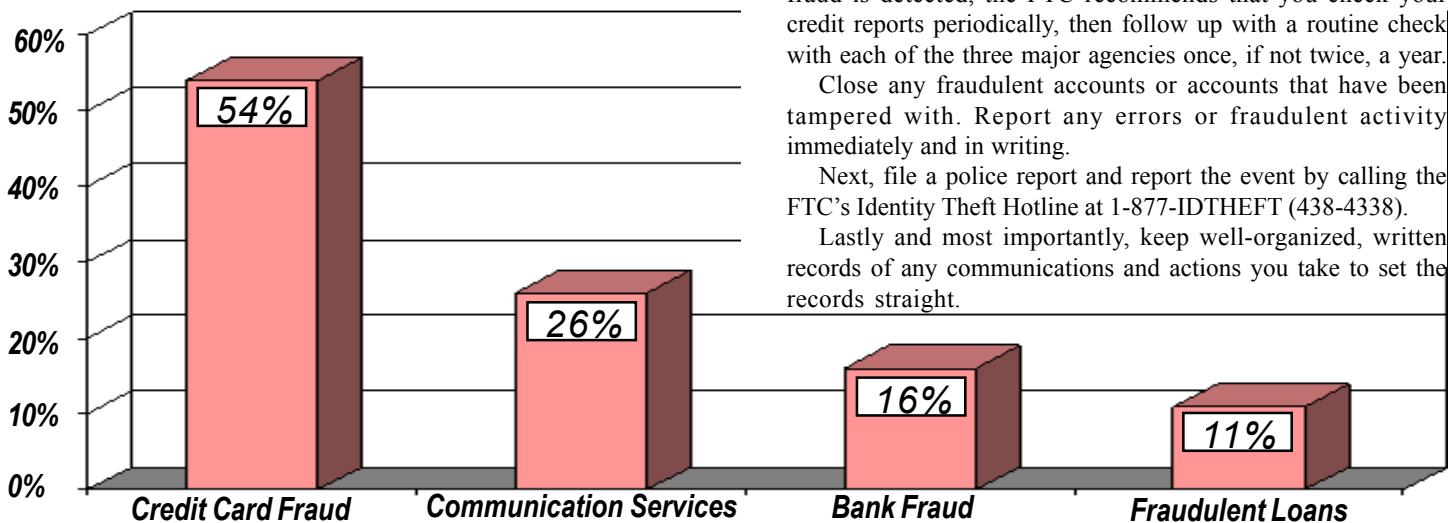
The next step is to review all of your reports immediately, and flag anything that appears suspicious. Report any fraudulent inquiries placed on your account, and request firmly and in writing that they be removed, stating the relevant details of your case. Then confirm that all of your personal information is correct. In the first year that

fraud is detected, the FTC recommends that you check your credit reports periodically, then follow up with a routine check with each of the three major agencies once, if not twice, a year.

Close any fraudulent accounts or accounts that have been tampered with. Report any errors or fraudulent activity immediately and in writing.

Next, file a police report and report the event by calling the FTC's Identity Theft Hotline at 1-877-IDTHEFT (438-4338).

Lastly and most importantly, keep well-organized, written records of any communications and actions you take to set the records straight.



Above graphic courtesy of the Federal Trade Commission (FTC). According to the FTC, the Identity Theft and Assumption Deterrence Act ("the Identity Theft Act") has raised the public's appreciation for the hardship suffered by identity theft victims. In reports to the FTC, consumers stated that one of the worse aspects of ID Theft is the harm to their reputation or daily life. The most common non-monetary harm reported by consumers is damage to their credit report through derogatory, inaccurate information. The negative credit information leads to the other problems most commonly reported by victims, including loan denials, bounced checks, and rejection of credit cards. Identity theft victims also report repeated contacts by debt collectors for the bad debt incurred by the identity thief. Many consumers report that they have to spend significant amounts of time resolving the problems caused by identity theft.

Heart Health: Why Women Should Be Concerned

Lt. Cmdr. Maria Agustin

Health Promotion Director, USNH GTMO

Did you know that heart disease, the leading killer of all Americans, kills more women than men each year? Surprised? You're not alone.

Heart disease is the number one killer of women, claiming one in three women's lives. Many women believe that heart disease is a man's disease, so they do not perceive it as a serious health threat. Women's heart disease symptoms may be different from men's symptoms. For example, a woman might experience a severe migraine headache or an upset stomach. Often, women ignore these symptoms because they don't attribute them to heart disease. Heart disease in women often leads to significant health problems, including heart attack, stroke, and even death. You can help prevent heart disease by getting regular heart-health screenings and working to reduce your risk factors.

The **major risk factors** for heart disease include high blood pressure, high blood cholesterol, obesity and being overweight, physical inactivity, and smoking. All are controllable. Other risk factors include diabetes, family history of heart disease and age.

Important Facts:

- ✓ Women who smoke risk having a heart attack 19 years earlier than nonsmoking women.
- ✓ Women with diabetes are two to three times more likely to have a heart attack than women without diabetes.
- ✓ High blood pressure is more common in women taking oral contraceptives, especially in obese women.
- ✓ African American women are 72 percent more likely to suffer from heart disease than white women.

✓ More Hispanic American women die from heart disease and stroke than cancer, diabetes and accidents combined. Heart disease and stroke accounted for 33.1 percent of total deaths in 2000.

Things you can do to prevent heart disease:

- ✓ Get a regular heart-health screening to monitor your blood pressure, cholesterol and blood glucose.
- ✓ Stop Smoking
- ✓ Increase your physical activity and adopt a healthy diet.
- ✓ Watch your weight - it's not just about looks!

Questions to ask your Doctor:

- ✓ What is my risk for heart disease?
- ✓ What is my blood pressure? What does it mean for me, and what do I need to do about it?
- ✓ What are my cholesterol numbers? What do they mean for me, and what do I need to do about them?
- ✓ What is my "body mass index" and waist measurement? Do they indicate that I need to lose weight for my health?
- ✓ What is my blood sugar level, and does it mean I'm at risk for diabetes?
- ✓ What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
- ✓ What can you do to help me quit smoking?
- ✓ How much physical activity do I need to help protect my heart?
- ✓ What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
- ✓ How can I tell if I'm having a heart attack?

To schedule an appointment for your personal Heart Health Screening with your Primary Care Manager, call USNH GTMO's Central Appointment Desk at 7-2110.

Vehicle Claims

The NAVSTA Security impound lot is getting full. The department can hold vehicles for only 120 days. The cars listed are approaching or past this deadline. After this deadline, vehicles are turned over to Kvaerner as directed by NAVBASE's Abandoned Property Board instruction. Only the registered owner may claim the vehicle; do not call asking to purchase. For more information, contact HT1(SW) Mays at 4325, Monday - Friday, 7:30am to 4pm.

Make/Model	Color	Plate	VIN #	In Lot
1977 Chevy	Red	C3860	1J08174171252	Unknown
Impala	Grey	Unknown	Unknown	Unknown
Chevy Pick-up	Camo	Unknown	1G8ED18J3FF1547375	Unknown
Chevy Pick-up	White	C6935	Unknown	1-Mar-03
Chevy Wagon	Blue	C0308	1W35JAD424690	19-Feb-03
Cutlass Supreme	Sky Blue	C5907	3R47F8D451211	17-Nov-03
1972 Dodge	Green	C1901	DL41K7F216505	Unknown
1978 Dodge Pick-up	Green	C1478	Unknown	Unknown
Dodge Pick-up	Yellow	Unknown	D14AB89295215	Unknown
1980 Ford Mustang	Black	C3627	Unknown	Unknown
1981 Ford Mustang	Red	C4125	1FABP1548BF183763	1-Mar-03
1977 Ford Pick-up	White	C3381	Unknown	15-May-03
1978 Ford Pinto	Red	C3235	Unknown	15-May-03
1984 Ford Tempo	Maroon	Unknown	Unknown	1-Mar-03
Honda	Blue	Unknown	SBC-2158982	17-Nov-03
Honda Accord	White	Unknown	Unknown	16-Nov-03
Honda Tercel	Grey	Unknown	JT2AL25C3384546	17-Nov-03
1979 Mazda 626	Camo	Unknown	Unknown	Unknown
Volvo Turbo	Black	C5907	YV1AX4726C1218922	Unknown

Housing, Water Information You Can Use

By Pam Huff
Housing Manager

In an effort to familiarize GTMO residents with the Housing Office Staff, and to provide some great advice for our housing residents, we are providing this staff list so you know who to contact for your needs, and some valuable tips on how to make your stay in housing a good one.

Let's start with the Housing Office staff...

Housing Director - Rudy Sammons

Budget - Diane Blackman

FH Facilities Management Division Head - Marie Goode-Spencer

Housing Manager - Loretta Wells

Housing Manager - Pam Huff

Housing Manager - Donald Eldridge

FH Personnel Support Division Head - Jim Veazey

Customer Service Numbers - 4172 or 4174

Assignments - Paula Shelton

FH Trouble Desk - 5262

BH Branch Head - James Sharpe

Housing Mgt Assistant-CBQ - Kristen Hood

Housing Manager - Julie Hall

Housing Manager - Roberta Stanley

BH Trouble Desk - 4424

you would find that it would be approximately \$333! That's a lot of water and money. Even though you don't see that bill, we still need to think about water conservation. There are times when the base is forced to initiate water use restrictions – whether it is in your home or outside. It is very important to watch the Base Roller on Channel 4 so you are aware of these notices.

One of the most important (and misunderstood) restrictions concerns the rules for watering for your lawn. We encourage residents to have nice lawns. The conditions that govern your lawn condition and the measure you can take to maintain that lawn are governed by the lawn environment you have at your housing location. Do you have any shade or is your lawn exposed to daylong sun. These conditions determine the type and quality of lawn you can reasonably expect.

The base watering instruction states that lawn watering is restricted to Tuesday and Saturday only from 6pm-8pm only. This does not mean it is okay to start watering before 6pm or continue past 8pm. Also, you need to move your sprinkler around your yard and not let it stay in one place more than one hour at a time. GTMO soil does not retain water and letting the sprinkler stay in one location just causes water to be wasted in runoff.

Hand watering small outdoor plants and trees should be limited to less than 15 minutes daily. Approximately 10 gallons/minute is used when the water flow is medium to low (a good rate for hand watering).

If we abuse the watering times and days it is very evident in our water consumption figures, and hurts all of us by depleting our water resources and causing water use restrictions.

Water Conservation News

We maintain our own water production and distribution at Guantanamo Bay. We must convert sea water supplies for the community, an expensive process. In mind, we remind you that our water is a very precious commodity. A family of four uses an average of 15,000 gallons a month, so if you were to see a local water bill,



GTMO Freedom Calling Cards

LCN calling cards via web based application are now available to all GTMO customers.

Manage your own PIN Account online.
For more details, log onto www.incinc.com
and click onto the
ICON
or dial 3744 during
normal business hours.

TAMP: Helping You Chart a Course for the Future

Submitted by FFSC GTMO

When Master Chief Petty Officer James Ray prepared to retire from the Navy, he got advice from a certified career counselor who helped him land a job before he retired. The pay was nearly double his military salary.

Ray, a Sailor for 26 years, used the services of the Transition Assistance Management Program (TAMP) at the Fleet and Family Support Center (FFSC) at Naval Air Station Oceana. He heard about the program through the Transition Assistance Program (TAP), a three day seminar required for all separating and retiring service members.

Six months before his retirement, he stopped by the FFSC and registered for every class they offered

"I believe it was the center's help and guidance that put me over the top during the interviewing process and helped me stand out among the other candidates," said Ray.

Service members planning for or just thinking about retirement or separation can visit the TAMP at the FFSC and take advantage of professional services at no cost.

The FFSC offers a variety of services through TAMP to help all service members and their families through the transition process. FFSC has classes on Veterans Administration and Social Security benefits and individual career counseling. In addition, they offer two in-depth, multiple-day seminars. The Career Options and Navy Skills Evaluation Program (CONSEP) helps Sailors in different stages of their Navy careers make decisions and set personal, financial and professional goals. The second seminar, TAP, is a three-to-four-day course that presents an overview of what Sailors need to know before they leave the military.

To help with the job hunt, the FFSC offers classes on effective resume writing, career planning, interview techniques, the federal employment system, job search strategies, and mock interviews. They also have other resources including computer and Internet access to search online job banks, resume and cover-letter writing, binders filled with job listings, and career-oriented books.

Ray used the advice and services offered and visited the center before every interview to prepare. Besides attending all of the classes,

Transition Assistance

Seminar March 1- 4

Whether you are retiring or separating from the service, you are encouraged to attend. The seminar is a valuable four-day program addressing social, financial and professional issues related to leaving the military. Call 4141 to register.

he participated in a mock interview.

"I knew of a job that was coming up and knew that I might not get it," said Ray. "So I went to The Center and they fully prepared me for the job application process. It was well worth my time."

Ray got the job, and, because of the resources provided at The Center, he knew exactly what his civilian salary should be and increased his pay more than expected.

"Some people waste a lot of money to have their resumes done elsewhere," Ray said. "I'd recommend these free resources to everyone because it can only help in the long run."

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life. FFSC services are a benefit offered at no cost to all service members, single or married, including activated Reservists, retirees and Department of Defense civilians in overseas locations.

We have a complete line of Transition Assistance services here in Guantanamo Bay, Cuba. TAMP services are a military benefit provided to service members and their families at no cost. Visit our Career Development and Resource Center and learn more about employment search, job opportunities and information, our educational resources, and sharpen your interviewing skills. For information, call Bill Barber, our Transition Assistance Manager Program, at 4049. The Fleet and Family Support Center is located in Building 2135. We are open Monday - Friday, 7:30am to 4:30pm. Our field office is located in Building 3202 in Camp America. Hours of operation are Monday - Friday, 7:30 am - 11:30am. For more information on FFSC services, call 4141 or 4153.

Command Training Indoctrination Course

**March 8 -12
7:30am – 4:30pm**

FMI or to sign-up, contact the
**NAVSTAGTMO Command Training
Coordinator, MAC(SW) Johnson, 4738**
(JohnsonOR@usnbgtdmo.navy.mil), or
MA2 Hood, 5446 (n021af@usnbgtdmo.navy.mil)

Command Managed Equal Opportunity Course

**March 15-19
7:30am – 4:30pm**

FMI or to sign-up, contact the
**NAVSTAGTMO Command Training
Coordinator, MAC(SW) Johnson, 4738**
(JohnsonOR@usnbgtdmo.navy.mil), or
MA2 Hood, 5446 (n021af@usnbgtdmo.navy.mil)

Volunteers Needed for Feb. 28th Read-in at Elementary School

With the help of community volunteers, W.T. Sampson is conducting another Saturday Read-in on Feb. 28. If you would like to volunteer, contact Amy Kirk at 4502 or 7454.

Parents and teachers have read aloud to young children for centuries. We know that time spent reading aloud is valuable to them. We have watched pre-readers listen to a story, then capture the book itself to look at again and again. Sometimes they memorized the story, shared it with their friends, and at times even slept with the book.

But reading aloud at home and school often stops, or is greatly cut back, once a child learns to read on his own.

Why?, wonders author Jim Trelease in his book *The Read Aloud Handbook*: "Reading aloud is a commercial for reading. ...Think of it this way: McDonald's doesn't stop advertising just because the vast majority of Americans know about its restaurants. Each year it spends more money on ads to remind people how good its products taste. Don't cut your reading advertising budget as children grow older."

Reading aloud to children helps them develop and improve literacy skills — reading, writing, speaking, and listening, Trelease adds. And since children listen on a higher level than they read, listening to other readers stimulates growth and understanding of vocabulary and language patterns.

Language Arts teachers affirm that reading aloud teaches children about literature in a way that silent or independent reading never can," says Judy Freeman in a 1992 *Teacher Magazine* article. "Reading aloud in school is not a frill.

"Go out of your way to make each book a special experience for your students. Allow them to live literature, to become so involved in a story that they become part of it. It could change their lives."



**Dunk
Your
Favorite
Chief**

**The GTMO CPOA is sponsoring
a Dunk Tank Fundraiser!**

Saturday, Feb. 21

10am to 2pm at the NEX.

**To nominate your favorite chief,
call Chief Jenkins at 7-2128 or**

Chief Massa at 7-2601.

**Come out and take aim
at your favorite!**



Vendor Fair, Customer Appreciation Lunch

**Paperclips etc. is holding it's first ever
Vendor Fair on Feb. 25.**

**We are also having a customer
appreciation luncheon between the hours
of 11:30am and 1:30pm.**

**Come and see our wide selection office
supplies. There will be many new items on
display for your viewing.
Please stop in and see us!**

TRICARE Facts

**Important numbers for you to
know concerning your health
care needs:**

**Dial 911 if you have a medical
emergency in GTMO.**

**Dial 7-2690 for the Naval
Hospital Emergency Room.**

**Dial 7-2110 to make routine
appointments at the Naval
Hospital.**

**Contact the TRICARE Service
Center at 7-2017 for more
information.**

tops in blue to Entertain GTMO Troops

The U.S. Air Force's TOPS IN BLUE is offering a free night of family entertainment on March 9 and 10 at 7pm at the Downtown Lyceum.

The 2003 edition of TOPS IN BLUE, 'Soaring With Eagle', is a spectacular medley of songs guaranteed to captivate audiences of all generations. TOPS IN BLUE will put you "In The Mood" for an evening of celebrations as they revisit their favorite songs from the past five decades. The '60s and '70s come alive with oldies but goodies from the Supremes, Tina Turner's "Proud Mary," and the Village People's ever-popular "YMCA". Current hits from Gloria Estafan, MC Hammer, BOYZ II MEN, Ricky Martin and Marky Mark will energize you with all the "Good Vibrations" TOPS IN BLUE has to offer.

"TOPS IN BLUE is the Air Force's premier entertainment showcase," said Tom Edwards, show producer and chief of Air Force Entertainment. "The new 2003 team is a reflection of the 'best of the best' performers throughout the Air Force."

The TOPS IN BLUE 2003 team will visit more than 120 locations and perform 150 shows in the United States and 22 foreign countries. Their official web site is www.topsinblue.com and provides information about the 2003 touring schedule and how to join the team.

Sponsors for the tour include AT&T and FIRST COMMAND. A



The 2003 edition of TOPS IN BLUE, "Soaring with Eagles" pays tribute to the proud history of the Centennial of Flight and 50 years of the Air Force Entertainment program, known as TOPS IN BLUE. The evening is a 90-minute, high-energy, fun-filled show, which is great for the whole family.

\$200 AAFES Gift Certificate from First Command and 1,000 call-minutes will be awarded during the show. By attending the show audiences also have the chance to win 10,000 call-minutes in two separate grand prize drawing awarded during the year.



Scholastic Newsline

Navy College Learning Center

Take advantage of your Learning Center today! Use our computerized programs to brush up on the "basics" before starting your college classes next session.

March is just a few short weeks away. If you need to prepare to retake the ASVAB (AFCT), please stop by and we'll show you how to prepare for that exam. Remember that all Navy and Marine Corps personnel are required to show proof that you have completed FastTrac before sitting for the AFCT. FMI, contact Julie or Catherine at 3997.

Navy College

Attention all Navy and Marine Corps personnel! There are new Tuition Assistance (TA) forms for next session. All Navy and Marine Corps personnel should visit the Navy College website (www.navycollege.navy.mil) for additional information. The new forms are available at your Navy College Office on Chapel Hill.

Attention all Air Force, Army and National Guard personnel! Please note that there are new tuition assistance (TA)

instructions to follow for all JTF-GTMO personnel taking college courses. A packet has been left with Columbia College that includes "step by step" instructions for acquiring TA. Mr. Ruthven Demas, Army ESO, is responsible for all Air Force and Army personnel taking college courses in Guantanamo Bay. If you need any additional information, please contact Mr. Demas at ruthven.demas@jtfb.southcom.mil. If you have access to DSN, Mr. Demas' number is 449-4495. All other inquiries can be made by calling 011-504-234-4634, x4495.

Columbia College

Midterms are behind us and Spring Session registration is fast approaching! Registration for all courses starts on Monday, Feb. 23. Online courses are listed on our website ([www.ccis.edu/Distance Education/Course Offerings](http://www.ccis.edu/Distance%20Education/Course%20Offerings)). There are over 200 courses being offered online this Spring! Also, the "In Seats" course schedule will be available soon. Look for a Spring Session (03/14) schedule in the *Gazette*. If you have any questions or need some guidance on how to get started, contact Ellen Soucy or Tammy Record at 5555.

Auditions for *Red Riding Hood*

Tuesday, February 17th

3:30 to 5:30pm - Elementary School Gym

Those auditioning should arrive at 3:15pm and plan to stay for the full two hours. Some cast members will need to stay for a rehearsal following the auditions. There are roles for students in grades Kindergarten through 12th. Approximately 50-60 local students will be cast to appear in the show with the MCT Tour Actor/Directors. There is no guarantee that everyone who auditions will be cast in the play.

This is a group audition - no advance preparation is necessary, but a SMILE never hurts. Just be ready to come and have a good time! We're sorry, however, no adults will be allowed to stay inside the gym for the auditions. There will only be two adults permitted and they will be the actor/directors from Missoula Childrens Theatre.

Rehearsals will be conducted Tuesday, Wednesday, Thursday and Friday from 3:30pm to 8pm in the Elementary School Gym. A dress rehearsal will also be necessary from 10am to 3pm. Although not all cast members will be needed at every session, those auditioning must have a clear schedule for the entire week and if selected, be able to attend all rehearsals required for their role. A detailed rehearsal schedule will be distributed at the conclusion of the auditions. Cast members scheduled for the full 4 ½ hours of rehearsal will be asked to bring a sack lunch, supper or snack.



Red Riding Hood Ticket Sales

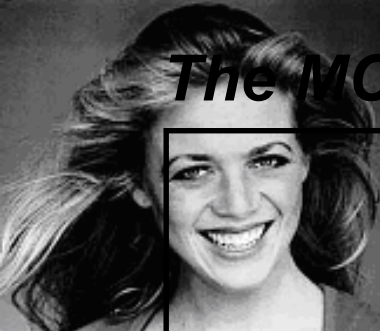
**Saturday, Feb. 14
10 to 11am.**

Adults (19 and up) - \$5.

Children (4 to 18) - \$3

**Children ages 3 and under can
attend for free.**

The MCT 2003-2004 Tour Team



Kimberly Kempfert
Big Bad Wolf

Kim, a veteran tour actor with seven seasons of experience, is currently on the home staff of Missoula Children's Theatre as Tour Liaison and is thrilled to be back 'on the road!' She holds a Bachelor of Fine Arts in Performance from the University of Idaho. Along with several independent film and theatre credits from L.A., she's also worked for The Bay Players of Ohio and The Idaho Repertory Theatre. Performance credits include leads in *Women of Manhattan*, *Reservations for Two*, *I Hate Hamlet*, *Fool For Love*, "A" - *My Name is Alice*, and most recently in the MCT Community Theatre production of *Lost in Yonkers*.



Amy Pettigrew
Ranger Rooney

After having toured with MCT for 6 seasons, Amy is now a member of the home staff. After such a long time on the road she is enjoying having a home of her own. She has degrees in music and psychology from the University of Montana and spends her free time reading, watching movies, and playing competitive trivia for the infamous "Gnomes." While on the road, Amy toured with *Tales of Hans Christian Andersen*, *Cinderella* and *The Fisherman and His Wife*. Other favorite roles include, "Ann Collier" in *1940'S Radio Hour*, "Lucinda" in *Into the Woods*, "Crystal" in *Little Shop of Horrors*, and performing with MCT's cabaret show *Bits and Pieces*.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 1130

Wednesday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
La Santa Misa (Spanish) 1015
Eucharistic Adoration
(Cobre Chapel) Daily 24hrs

Protestant Services

Sunday

Sunday School 0930
Services - Main Chapel 1100
Children's Sunday School 1130

New Life

(Main Chapel) **Sunday**
Worship Service 1300

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Family Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Filipino Christian Fellowship

(Sanctuary A) **Sunday**
Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**
Worship 2000

Pentecostal Gospel Temple

(Room 13) **Sunday**
Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**
Divine Service 1100

Islamic Service

(Classroom 18) **Friday**
Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)
Sunday Service 1100 & 1830

Camp America Troopers Chapel Protestant Service

Sunday 0730

Soul Survivor (Club Survivor)

Wednesday 1900

Roman Catholic

Sunday 1700

Alpha: Tuesdays

1900, Rm L1/CANN

Thursday Ticket: Thursday

1900, Rm L1/CANN

**For information about
programs & services, call 2323.**

GTMO SHOPPER

School Lunch Menu

Feb. 16 - 20

- MONDAY -



President's Day

- TUESDAY -

Hot Dog w/Cheese,
Green Beans,
French Fries,
Orange Wedges,
Milk

- WEDNESDAY -

Meatballs w/Sauce,
Mashed Potatoes,
Broccoli Spears,
Seedless Grapes,
Milk

- THURSDAY -

Cheesy Cheese Pizza,
Carrot Sticks,
Mixed Vegetables,
Sliced Peaches,
Milk

- FRIDAY -

BBQ Chicken,
Potato Wedges,
Tossed Salad,
Orange Wedges,
Milk



Valentine's Day Dance for W. T. Sampson High School

Saturday, February 14th at the Community Center

Begins at 7pm. Free to students in grades 7 -12.

Sponsored by the NAVSTA SPOA

Children's Dental Health Month

Saturday, February 28

Dental Exam & Cleaning

for children ages 4 to 10

Call 7-2239 for appointments.

W.T. Sampson T-Shirts

Youth sizes (XS - XL) - \$8

Adult sizes (S - XXXL) - \$10

Call Stephanie Niccum, 7433,
or Julie Barnett, 5736.

"Not So Newlywed Game"

Friday, March 19, 7-9pm at the Windjammer

Tickets are \$5 a person.

A special dinner available in Windjammer Café. Door prizes include a Grand Prize private cruise to a Caribbean Island and 2 nights in a luxurious, ocean view suite. We will feature a couple from each command, so come see your friends!

C.R.E.D.O. Marriage Enrichment Retreat

For couples seeking greater satisfaction, closeness, and a genuineness in their marriage. The retreat is being held here in GTMO and begins with dinner on Friday, March 19th and ends with lunch on Sunday, March 21. To register, call 2323 or email n15b@usnbgtnavy.mil. The retreat is open to all active duty, reservist and retired military, and DOD/DON civilians.

For more information, call the chapel at 2323.

Force Protection

Always lock
your car - even
in GTMO!

Energy Conservation

Be receptive to
innovative
energy
technology.

Water Conservation

Feb 2 - 8

Used 7,310,000.0
Daily avg. 1,044,285.7
Daily goal 1,000,000 gal

We were **\$5890** over
budget for the week.

GTMO SHOPPER

FOR SALE

(1) TV, \$40; Computer, \$40. Call Cher at 8057.

(1) Car Audio System - Infinity 5"¼ speakers, \$80; Blaupunkt 6"½ speakers, \$40; ADS 10" Subwoofer with box, \$200; Kenwood mono amp 120x1, \$80; California amp 120x2, \$80; Sonyamp65x2\$50, SonyEQXE-90mkII, \$100; PanasonicMP3,CD Player/Receiverw/remot control, \$200. Total \$830; Buy it all for \$700. Call 7429.

(1) GE Washer/Dryer set, extra-large capacity, \$250. Call 7310.

(1) Connelly 2-person water tube with tow rope, \$75 OBO; Beige Sofa, \$50 OBO; 18" Figaro Cut 18K Gold Chain, \$100 OBO; 1997 Sea Do Parts/Body, \$500OBO. Contact Mark at 72940 or 7907.

(1) Laptop Computers - HP Pavilion Laptop (N5290), 750Mhz Intel P3 processor, 128MB Memory, 15GB HDD, DVD-Rom Drive, 15.1 in. TFT, ITU V.90 56kbps Network/Fax modem combo, Windows XP Professional Edition (OS). HP Pavilion Laptop (N5440), 850Mhz Intel P3 processor, 256MB Memory, 20Gb Hdd, DVD-Rom Drive, 15.1 in. TFT, ITU V.90 56kbps Network/Fax modem combo, Windows XP Professional Edition (OS). HP Omnibook Laptop (6000), 1Ghz Intel P3 processor, 256 MB Memory, 20Gb Hdd, DVD-Rom Drive, 14.1 in. TFT, ITU V.90 56kbps Network/Fax modem combo, Windows XP Professional Edition (OS). Call Fred Apog at 6249 or 6528

(1) Compaq iPAQ Pocket PC H3765 64MB RAM with CF Expansion Pack; Targus Pocket Modem 56K V.90; Expendable Kit Jacket & Fellowes Micro-thin Screen Protectors. Excellent Condition. \$400. Call Joseph at 4506.

(2) Zeagle Ranger BC (sm), US Divers Impluse Regulator w/ safe second, Oceanic Date Plus Nitrox Dive Computer and dive knife. Like new - \$800 OBO. Will sell separately. Call Jeff at 7117.

(3) Paint ball gun - Tippmann, a-5 w/response trigger, 16in and 12in barrels. In excellent condition, \$270 OBO. Contact Art or Travis at 7600.

(3) Dacor BCD (MML), Dacor Regulator with Octopus and dive computer, and 16 lb weight belt. Also included is the dive bag, 3m wetsuit, booties and Dacor fins. Asking price is \$400 OBO. FMI, call 3489.

(3) Household goods for sale: 32 inch TV still in box, bookshelf stereo with 50 disc CD changer, kitchen table and matching chairs, bedroom set, various kitchen utensils and much more. Call 7396.

VEHICLES/BOATS

(1) Motorcycle 2000 Kawasaki 1500CC - classic tan/green. One of the nicest on island - not a GTMO special. All options, alarm, helmet, bags, communication/music, heated suit, etc., included - \$7,500 for everything. Call 7531, lv. msg. You must see to appreciate.

(1) 1989 Lincoln Towncar - luxury vehicle w/ new CD/AM/FM Stereo, AC, power windows and

seats, new tires, new radiator. \$3000 OBO. FMI, call 8057.

(1) 1978 Ford Pinto. Somewhat cranky but reliable. Have \$1,000 in it, will take \$700. Call Rick, 5241, or e-mail, rick.fahrjr@us.army.mil.

(1) 1997 Jeep Wrangler 4x4 - Red w/Tan soft top; less than 600 GTMO miles; great condition; AC CD/AM/FM - \$9,000. Contact MA2 Smith at 8169 before 1400 or 6266 after 1400.

(2) 1999 4dr Daewoo Nubira - 58,000 miles, power everything, CD player - NOT A "GTMO SPECIAL!" **Must sell** by 15 Feb. Asking \$4,000 OBO. Contact Mike Bagley at 7-2690 or page at 7-2090, #120 (numeric only).

(3) 1999 Harley Davidson Electra Glide Classic, fully loaded, 1450 cc (88CI) AM/FM/CASS w/ remote controls, air suspension system, lighter, fuel injection, custom low profile seat, bike has been lowered. This motorcycle was voted "best of show" at the 2003 car show and has less than 4,000 GTMO miles on it. Great Ride! \$15K, call 7123 AWH.

WANTED

Wanted: Ping Pong Table. Call 7804.

Looking for a massage therapist or reflexologist. If you have experience, call 7310.

Motorcycle Riders for group rides. If interested send an email to cdawghouse@yahoo.com or lv msg. at 7310.

Bonco anyone? Want to be part of a group or need an extra player or players? Call Donna at 7310.

Want to play or learn to play Double-Deck Pinoche? Contact MSG Roland Kinley at (w) 3205/3206 or (h) 8072.

Looking for a licensed social worker to help us with an adoption. If you can help, please call Corinne Johnson, 7633.

Want to buy your used DVD's. Call 9461 or email mujahid94@hotmail.com.

Want to buy used fishing equipment (rods & reels). Call Mike at 4505 DWH or 4620 AWH.

EMPLOYMENT

The GEO Group Inc. is a world leader in the delivery of correctional and detention management, health and mental health services to federal, state and local government agencies around the globe and is currently hiring for the following positions:

Custody Officers - Incumbent(s) will be responsible for the security, care, and supervision of migrants, as well as security at the (MOC) facility. Requirements: Must be a US citizen, have a high school diploma or GED, and a minimum of one (1) year experience in security or law. Full time and part time positions are available. For more information, please contact Migrant Operations Center at 6149, 6145 or send resume to aklein@thegeogroupinc.com

Navy College Learning Center - P/T Facilitator, 20-30hr/week. Must possess a BA/BS from an

Welcome Aboard! It's A Girl

Hailey Marie
Carroll



Born: February 8, 2004

5lbs 8.7oz; 19"

to Dena and James Carroll

accredited college; have experience in teaching/learning activities; be computer literate. Email resume to mscales@plato.com or drop it by Room 11 on Chapel Hill. FMI, call Julie Rochford or Tracie Hathorn at 3997.

Community Bank is seeking a self-motivated, dedicated & enthusiastic teller. Prior cash handling experience required. Prior Bank experience preferred. If interested, please dropoff your resume at Community Bank or send to PO Box 199. FMI, 5116.

The following are job vacancies currently open through the Human Resources Office. Open Continuous Vacancies: Practical Nurse, 1st cutoff 9/3/03, closes 8/20/04

FMI, call Human Resources Office, 4441.

SERVICES

Celebrating a special event? Need a cake? FMI, call 7835 after 4:30pm.

Will teach piano/keyboard. Call 7702 (AWH).

ANNOUNCEMENTS

The Fleet & Family Support Center is offering the following classes:

Tuesday, Feb. 10 - **Resume Writing** - 9 to 11:30am

Tuesday, Feb. 10, 17 & 24 - **Anger Management** (3-session workshop), 2:30 to 4:30 p.m. **Note:** You must attend all three sessions.

Thursday, Feb. 12 - **Smooth Move**, 8:00am to noon.

Thursday, Feb. 12 - **Stress Management**. We offer this class at two different times: 2:30 to 4pm or 6 to 7:30pm.

Call 4141 to sign up for classes.

WIC Office now open - Call Sandy at 2186.

MEETINGS

February Coupon Meeting - Wednesday, Feb. 18, 7-9 pm, at the Community Center. Everyone invited. We have plenty of coupons to share. FMI 5545 or 7741.

Every one invited - Hispanic Heritage Association meeting - 6pm, Feb. 26 at the

Fleet & Family Support Center. Election of new Board of Directors and revision of by-laws discussed. For more information, contact the PAO, Mr. Vincenty, at 7138 AWH, or 4483 DWH, or e-mail n2042c@usnbgtnavy.mil.

FCPOA Meeting - 6pm, Wednesday, Feb 11 in the Security Training Room. For more information, contact AT1(AW) McKennie at 4232 or MA1(SW) Williams at 4341.

YARD SALES

Sunday, Feb. 15 - Multiple Family Yard sale, Marine Point 102, 8am to noon - lots of like-new items, clothing, home decor, whatnots. No Early Birds Please!

Sunday, Feb. 15 - 15DWWL, 6am to noon - electronics, jewelry, clothes, table, kitchenware, carpet, rugs, mugs - something for everyone. Early birds welcome. FMI, call 8057.

Sunday, Feb. 21 - NH16B, 8am to 1pm - Leaving quickly need to get rid of unwanted items. NO EARLY BIRDS!

PERSONALS

From Capt. McCoy

I'd like to take this opportunity to thank everyone for their thoughts, prayers, flowers and condolences over the past few weeks following the death of my mother, Sarah McCoy. You've made it much easier for Terri and myself to transition through this difficult period and press on with our lives here in Guantanamo Bay. Thanks once again. As I tell anyone who'll listen, "you're a wonderful community."

Happy Valentine's Day, Dustin! From Y.S.P., Leif

Thank you to all of my friends for your kindness, guidance, friendship, and counsel for the past three years. There are too many to thank directly, but know that I have appreciated your support. Special thanks to those who have shared my love for planting and gardening. Wish me well as I prepare for my husband to follow in a couple months! I can be reached on AOL at KHD999@aol.com should you want to write. Much love, Kim Huong Dowden

LOVE DON'T COST A THING

Comedy/Romance

101min

Starring:

Nick Cannon,
Christina Milian

A brilliant, likable outcast steps in when a popular girl wrecks her mom's car. The Catch: In exchange for \$1500 in car parts and Alvin's automotive expertise, she agrees to pretend to be his girlfriend for a couple of weeks.



THE MISSING

Drama/Western

137min

Starring:

Tommy Lee Jones,
Cate Blanchett

A woman with two daughters in an isolated wilderness is also the area doctor. When her oldest daughter is kidnapped by a psychopathic killer with mystical powers, she's forced to reunite with her long estranged father to rescue the girl.



PAYCHECK

Action/Adventure/Sci-Fi
Fantasy/Thriller

119min

Starring: Ben Affleck, John Davis,
Aaron Eckhart,
Uma Thurman,
Paul Giamatti

A world famous genius who does specialized projects for high-tech corporation is paid big bucks for working on top secret projects. The catch...once a job is complete, his memory is erased so that he cannot divulge any company secrets. Expecting \$4.4 billion payday for his most recent 5 year project, he's surprised when he's given an envelope full of random objects instead of his paycheck. With his memory erased, he has no defense, until he discovers that the objects are clues to his past.



STUCK ON YOU

Comedy

119min

Starring: Matt Damon,
Greg Kinnear,
Eva Mendes,
Cher, Michael Callen

Conjoined twins, Walt and Bob, head to Hollywood to follow Walt's acting dream. Their sexy neighbor helps Walt land an agent. To sabotage her new television series, legendary Cher cast Walt as her co-star. Instead of dooming the show, Walt propels it to the top of the ratings.



Movies

FRIDAY, FEB 13

7pm Stuck On You

PG13 119min

9pm Veronica Guerin

R 98min

SATURDAY, FEB 14

7pm Paycheck

PG13 119min

9pm The Human Stain

R 106min

SUNDAY, FEB 15

7pm Love Don't Cost A Thing

PG13 101min

9pm Something's Gotta Give

PG13 123

MONDAY, FEB 16

7pm The Last Samurai

R 154min

TUESDAY, FEB 17

7pm The Missing

R 137min

WEDNESDAY, FEB 18

7pm Honey

PG13 94min

THURSDAY, FEB 19

7pm Paycheck

PG13 119min



VALENTINE'S DAY LUNCH

February 14th

11:30am to 1:30pm

At The Bayview

\$30 Per Couple

Call 5604 For Reservations

VALENTINE'S DAY DINNER

February 14th

5:30pm At The Bayview

\$45 Per Couple

Call 5604 For Reservations

ST. VALENTINE'S DAY

MASSACRE XTREME

BIATHALON

February 14th

6am at the Sailing Center

1.5 Mile Swim

20 Mile Bike Ride

2 Person Relay Team or Individual

Sign Up At The Marina

FMI Call 2345

SCOTCH DOUBLES

February 16th

6pm at the Bowling Center

Two Person Teams

Entry Fee \$15 Per Team

FMI Call 2118

WASHINGTON'S BIRTHDAY

PAINTBALL TOURNAMENT

February 22nd

1pm at Cooper Field

FMI or to Sign Up Call 2345

PARENTS NIGHT OUT

Villamar CDC is open for Parents Night Out every week. To hold a spot for your child a reservation fee of \$2.50 is due by Thursday of each week. An additional fee of \$1.50 is due for each additional child of the same family. This reservation fee is non-refundable. One hour \$2.50 - Two hours \$5.00 - Three hours or more \$12 for the evening. For specific dates or more information call 3664.

For more information on any of the events listed above, call 5225.